

Rosary Meditation: The Mysteries of the Rosary

The **Mysteries of the Rosary** are events that occurred during the lives of Jesus and Mary. When praying the rosary, the Mysteries are the visuals that we meditate on as we recite each rosary decade (a group of 10 Hail Mary prayers). **Meditation** is what makes the rosary such a powerful devotion. With meditation, we add substance to our prayers and better align ourselves to a Higher Power.



Meditative Prayer

Rosary prayers must include meditation! When you first learn how to pray the rosary, you may be more concerned about memorizing the prayers than you are about remaining focused on your meditation. This is perfectly normal. However, once you understand the basics of how to pray the rosary, it becomes time to focus your attention towards improving your ability to meditate on the Mysteries of the Rosary during prayer. Rosary recitation without meditation is not nearly as effective than with meditation. To experience the full benefits and potential of praying the rosary, meditation on the Mysteries of the Rosary is absolutely essential.

There are 20 total Mysteries broken out into four different groups: Joyful Mysteries, Sorrowful Mysteries, Glorious Mysteries, and Luminous Mysteries. Most people limit their rosary prayers to one set of Mysteries per day by following the typical rosary schedule. However, if you can meditate on more than five Mysteries a day it would be great! The more you pray the better - but obviously not everyone has time to meditate on all 20 Mysteries a day. Therefore, pray the rosary and meditate on at least five Mysteries a day. Once you see the benefits of praying the rosary with meditation, you may want to meditate on all 20 Mysteries of the Rosary!

Mysteries of the Rosary Meditations Rubric

	Exceeds	Meets	Somewhat Meets	Does Not Meet
Ideas and Content	The quality of meditations is exceptional. Meditations are insightful and perceptive. Shows thoughtful interpretation of what experiencing the mystery might have been like. Effectively uses perspective assigned. Personal reaction shows deep, reflective thought about how meditations will help focus while praying the rosary.	Meditations are well written. Including reasonable inferences and judgments which show understanding of what it might have been like to live through the mystery. Meditation is written from assigned perspective. Personal reaction includes details of how using the meditations will help focus while praying the rosary.	Meditations meet basic expectations but some responses are missing necessary detail or include unnecessary information. Attempts to write from assigned perspective. Personal reaction is more conclusion or summary of the process than reflective.	Meditations are general and not expanded upon or may ramble repetitively without clear connections. Meditations are incomplete, unclear, or show little effort or insight. Personal reaction is all summary or is missing.
Conventions	Few, if any, errors in conventions.	Minor errors in conventions.	Some errors in conventions.	Many errors in conventions
Voice	Distinctive style; reader "hears" author speaking. Always chooses precise, colorful words. Engages the reader by showing exceptional knowledge and interest in topic.	Show glimpses of a distinctive style. Author mostly chooses precise, colorful words. Writing communicates some personal knowledge and interest in topic.	Not much personal style. Author tends to choose general, less descriptive words. Occasional glimpses of author's knowledge and interest in topic.	Mistakes and lack of care indicate author's lack of interest and knowledge. Author has difficulty choosing the proper word.
Final Product	Neat, organized, and professional looking.	Mostly neat, organized, and professional looking.	Somewhat neat, organized, and professional looking.	Messy, disorganized, lacks care.

Details for Rosary Meditation Book

1. Table of Contents
2. Introduction
 - a. Why do we pray the rosary?
 - b. Brief history of the rosary.
 - c. What purpose do the mysteries serve?
 - d. "Schedule" for praying the mysteries.
 - e. Optional: Dedication
3. For each set of mysteries (Joyful, Luminous, Sorrowful, Glorious)
 - a. An introduction page for that set
 - i. picture (may be clip art)
 - ii. intro (must be hand written)
 - b. One page for each mystery
 - i. picture (may be clip art)
 - ii. meditation (must be hand written)
4. Conclusion
 - a. Your personal reaction to praying the rosary as a form of meditative prayer.

Total pages ≈ 27 (table of contents, introduction, 6 pages/set, conclusion)